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**CLAIMS:**

1. A method of call admission control for a continuous stream of data in packet switched networks including at least two local area networks communicating to one another across a connecting network, the method comprising the steps of:
  - a) transmitting a burst of trial data from a first node in a first local area network through the connecting network to a second node in a second local area network;
  - b) reflecting the burst of trial data received at the second node back to the first node;
  - c) receiving the reflected burst of trial data at the first node through the connecting network; and
  - d) comparing the reflected burst of trial data to the transmitted burst of trial data to determine whether transmission of a continuous stream of data can be initiated from the first node in the first local area network to the second node in the second local area network.
2. A method according to claim 1, wherein step a) includes selecting a path through the connecting network, the path being determined by the connecting network.
3. A method according to claim 1 or 2, wherein the burst of trial data is the same size as the packets to be transmitted in the continuous stream of data.
4. A method according to claim 3, wherein the burst of trial data is transmitted at the same data rate as the packets to be transmitted.
5. A method according to claim 3, wherein the burst of trial data is transmitted at a higher data rate than the packets to be transmitted.

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6. A method according to any one of the preceding claims, wherein step d) includes comparing the number of packets in the transmitted burst of trial data and the reflected burst of trial data, and calculating an estimate of packet loss rate of the path.
- 5 7. A method according to claim 6, wherein multiple bursts of trial data are transmitted to improve the estimate.
8. A method according to any one of the preceding claims, further comprising:-
  - 10 e) deciding to transmit packet data based on an acceptable packet loss rate for the transmission of the continuous stream of data.
9. A method according to claim 8, wherein the packet loss rate is not acceptable and changing the priority of the transmission of continuous stream of data and repeating steps a) to d) above at the changed priority.
- 15 10. A method according to claim 8, wherein the packet loss rate is not acceptable and step e) includes not initiating the transmission of the continuous stream of data.